



Your bones help you move, give you shape and support your body. They are living tissues that rebuild constantly throughout your life. During childhood and your teens, your body adds new bone faster than it removes old bone. After about age 40, you can lose old bone faster than you make new bone. To have strong bones when you are young, and to prevent bone loss when you are older, you need to get enough calcium, vitamin D, and exercise.

Although they're very light, bones are strong enough to support our entire weight, but only if they are healthy. **Osteoporosis** is a disease of the bones.

1. Describe 3 jobs bones do.

2. At what stage of your life are your bones growing fastest?

3. What happens to your bones when you reach 40?

4. Three things needed for healthy bones are.....

5. Name 4 foods that are rich in calcium

6. What happens to your bones if you develop osteoporosis?  
(use can use NHS CHOICES website to find out )